

# COMMUNITY HEROES

*A Guide to Being Brave  
in the Face of the Coronavirus*

Written by Renée Lyons, Ph.D.  
Illustrated by Sarah Rose Lyons



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**ABOUT THIS PUBLICATION:** This publication was created through a collaboration between the Clemson University Life Sciences Outreach Center, an outreach of Clemson University's College of Science, and Clemson-area artist Sarah Rose Lyons. Find out more about the Clemson University Life Sciences Outreach Center at [CLEMSON.EDU/CENTERS-INSTITUTES/CULSOC](http://CLEMSON.EDU/CENTERS-INSTITUTES/CULSOC). Special thanks to the Prisma Health Team for reviewing and providing guidance on this publication. Find out more at [PRISMAHEALTH.ORG](http://PRISMAHEALTH.ORG). All proceeds from the sale of this book will go directly to offsetting the cost of production. Neither Clemson University, the author nor the illustrator will receive any revenues.

**ABOUT THE ARTIST:** Sarah Rose Lyons is an artist and illustrator who focuses her artwork on creating visual metaphors of the environment. Her art is a catalyst for change that pushes the viewer into creating a better story for themselves and for the world in which they live. Check out Sarah's artwork at [SARAHROSELYONS.COM](http://SARAHROSELYONS.COM).

**PRODUCTION ASSISTANCE:** College of Science Communications and Marketing Department. Jim Melvin, director; Pete Martin, online and print media coordinator.


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Have you heard  
people talking about  
a sickness that is  
going around?

Hi Dr. Flores!  
Yes, I've heard a  
little bit...

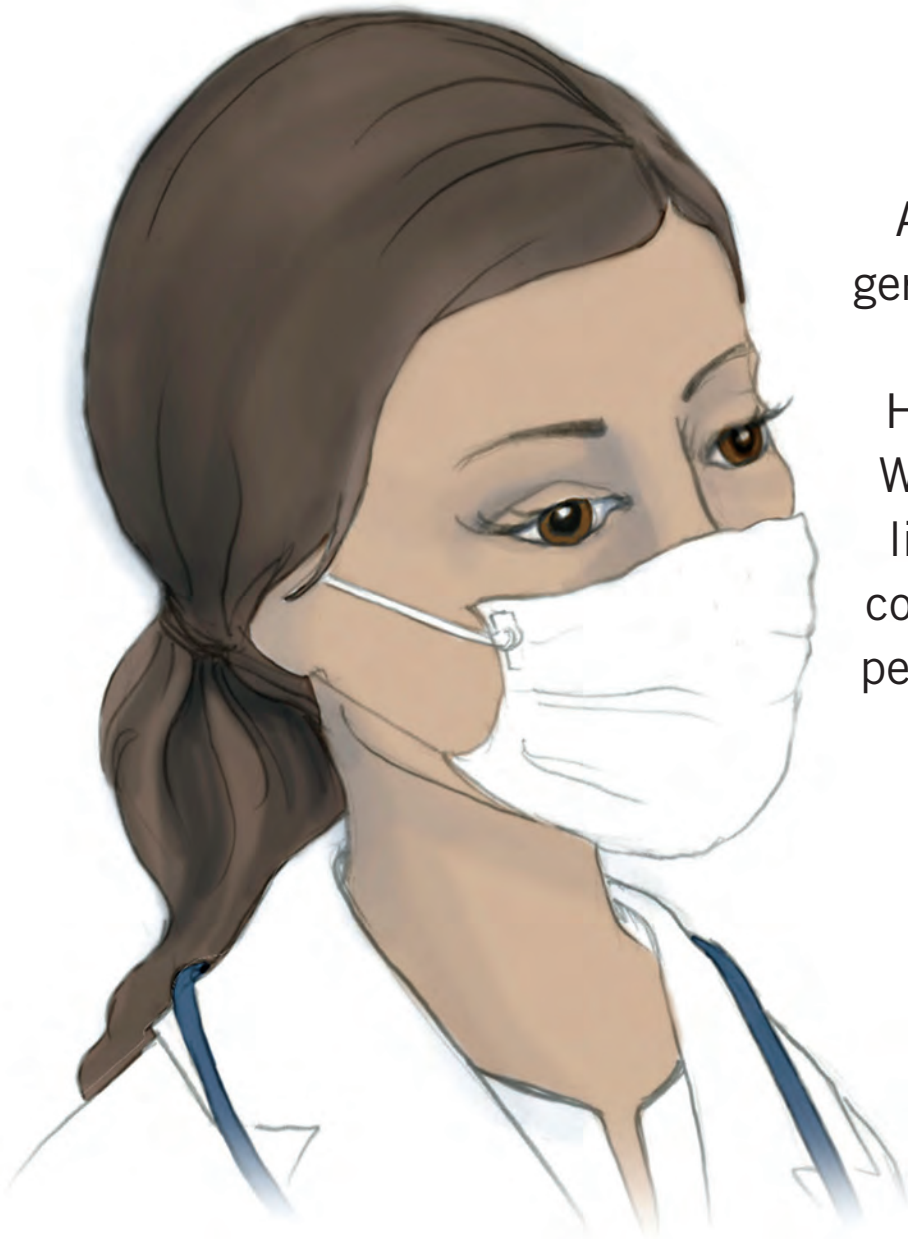


What about you?  
What have you heard?  
How are you feeling  
about it?

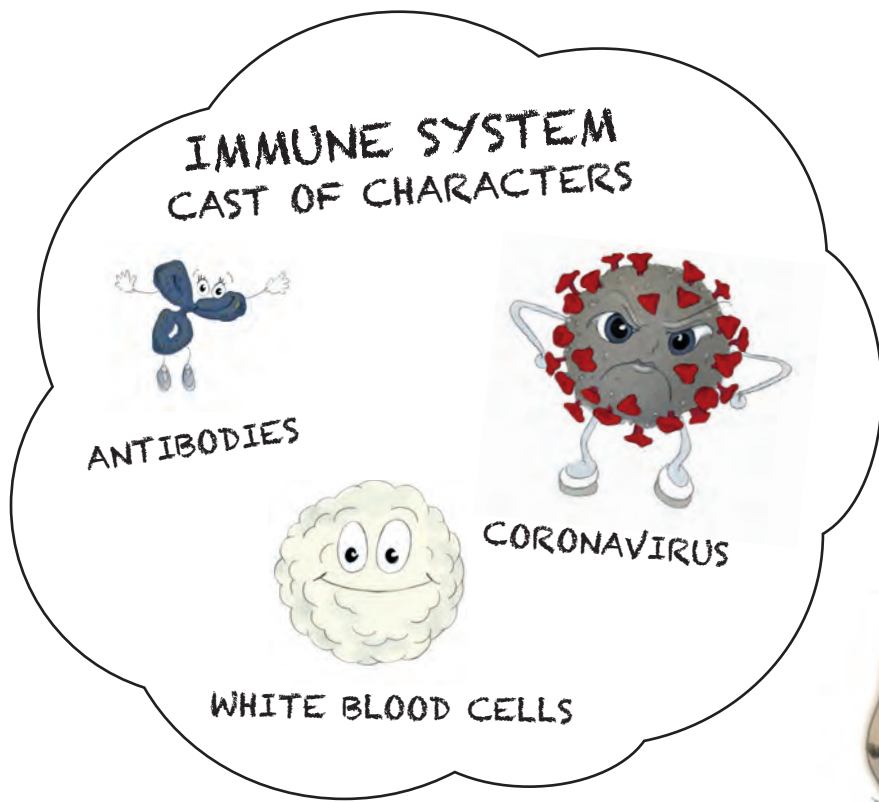
Did you know that the  
coronavirus is actually a  
tiny little germ?

Well, it is!  
And sometimes tiny little  
germs can make us feel sick.

Have you ever had a cold?  
Well, a cold is caused by a  
little germ too! Just like a  
cold, the coronavirus makes  
people sick for a little while.

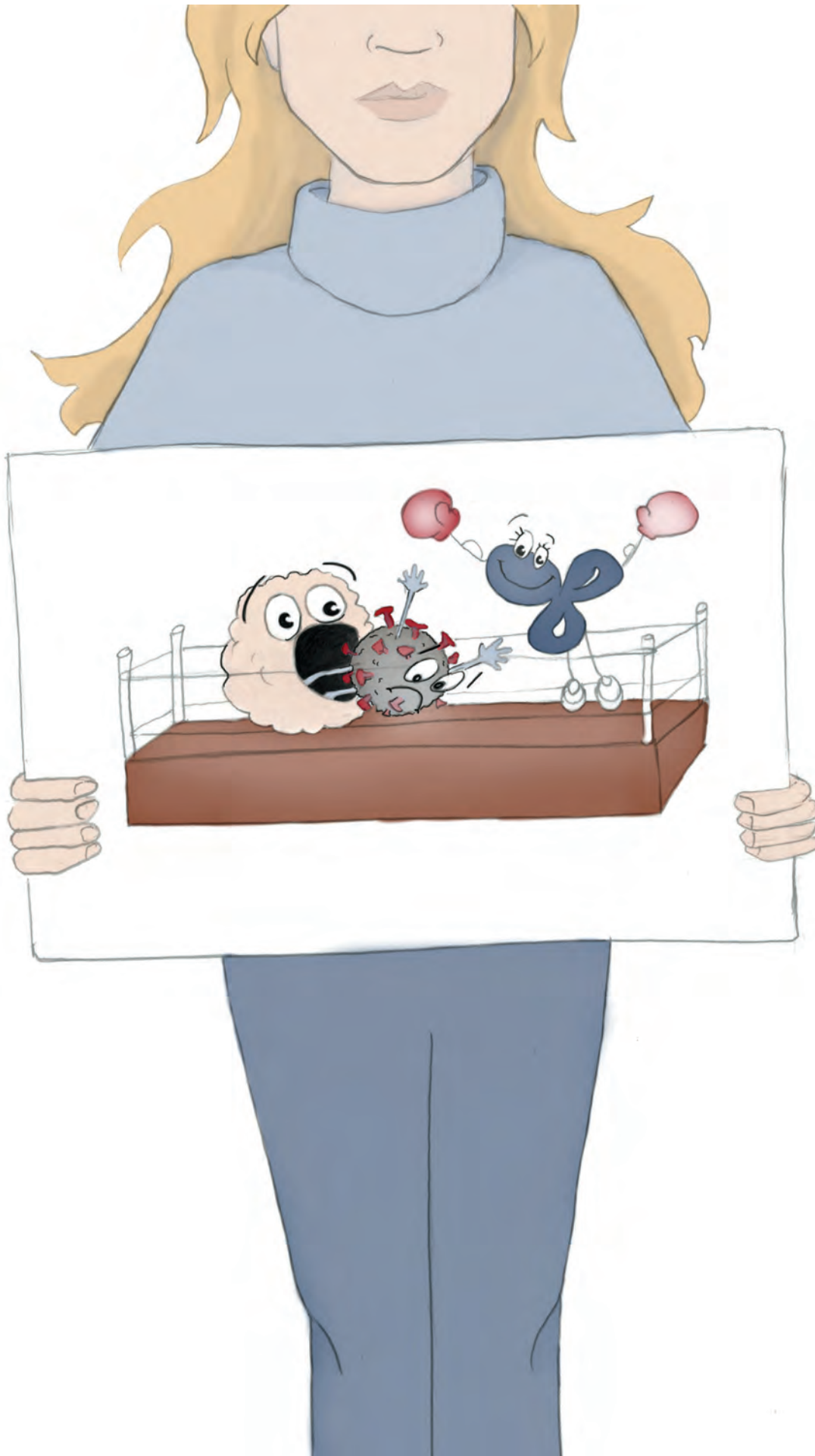






No one wants to feel sick, but the good news is that our bodies have a special army called **THE IMMUNE SYSTEM**.





Our immune system army can fight off little germs like the coronavirus.

Think about the last time you had a cold. How long did you feel sick? You probably felt much better in just a few days!

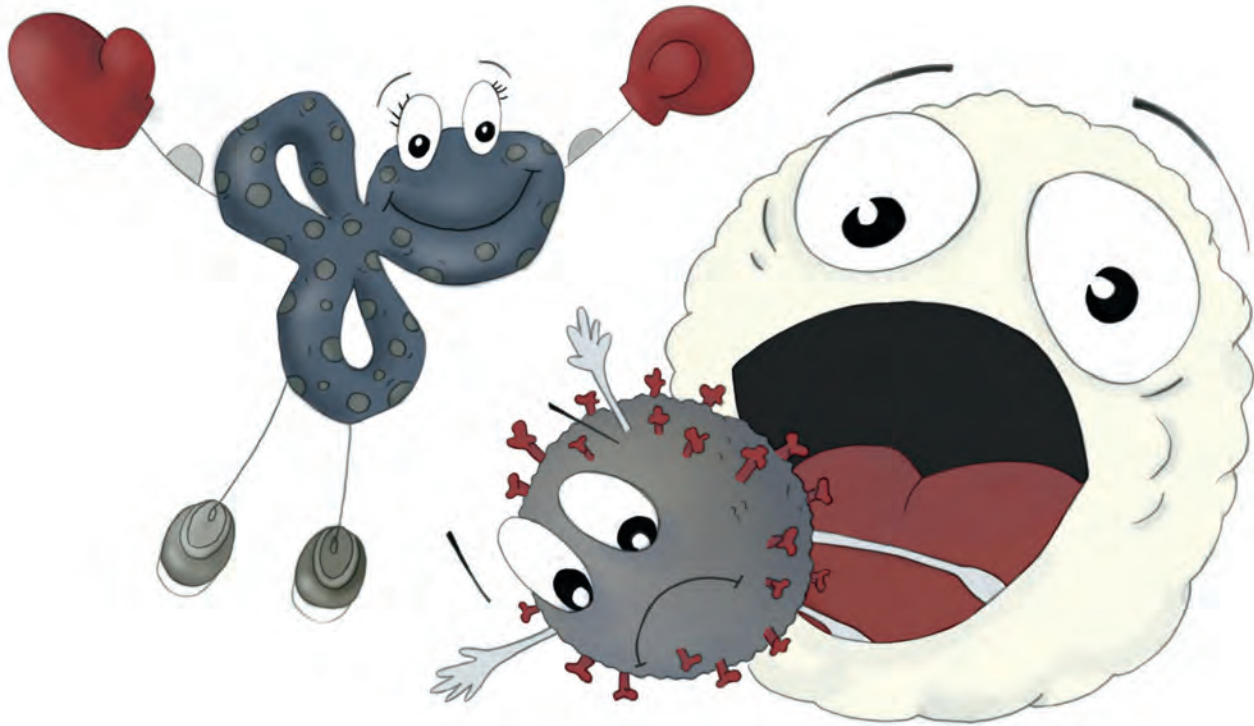
That was your immune system fighting off the cold germ.





If kids get the coronavirus, they may feel like they just have a little cold. That's because their bodies' special immune system army is really good at fighting off all of the coronavirus germs.

Most kids will feel better in just a few days!



I don't want you to worry too much about any of the adults that you love. They have immune systems too! It just may take them a little while longer to fight off the coronavirus.

Luckily for all of us, our bodies' special immune system army isn't the only superhero helping fight off the coronavirus.

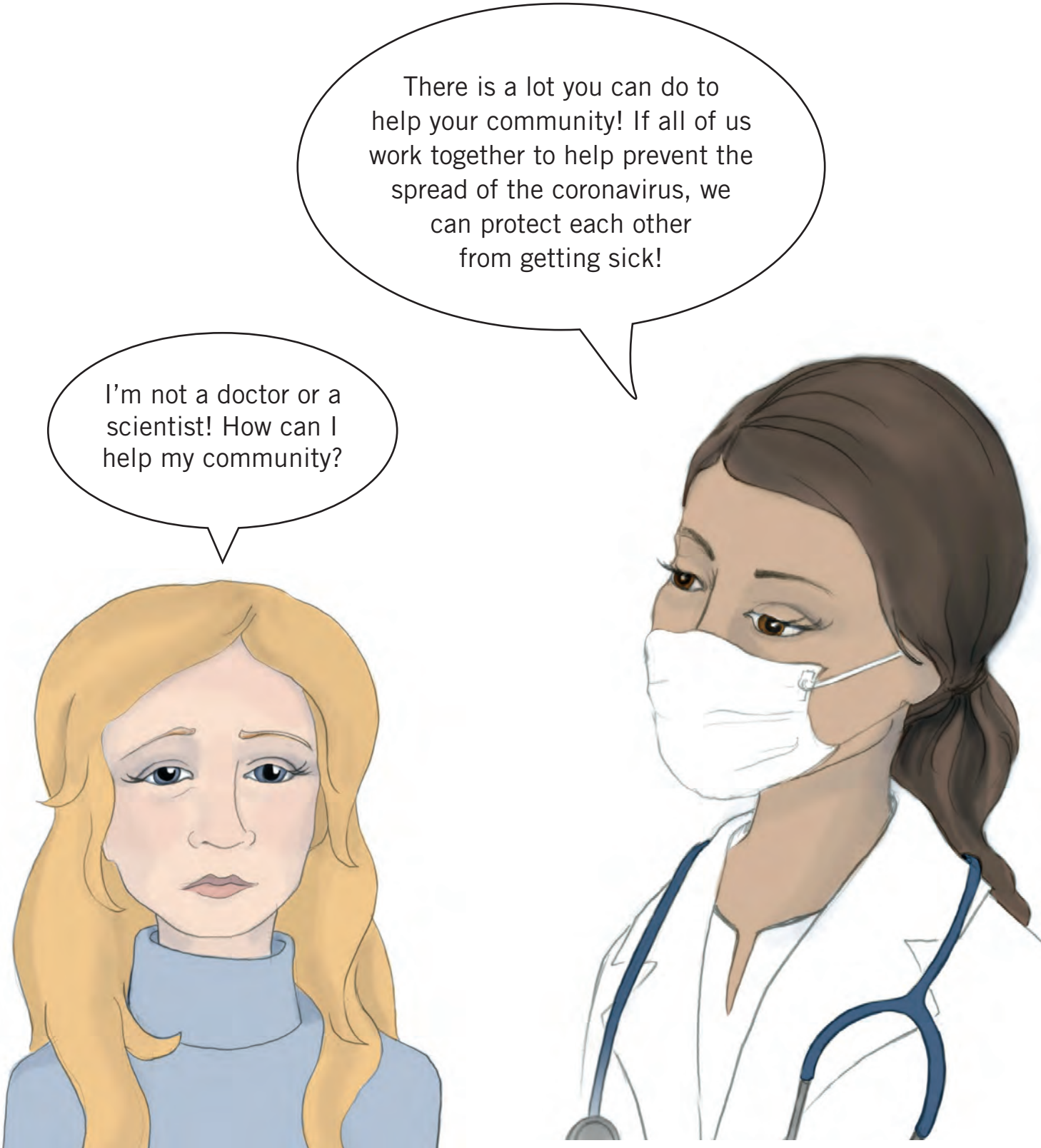
Doctors, nurses and scientists are helping too!





We are working hard  
to make special  
medicines to help  
people get better!





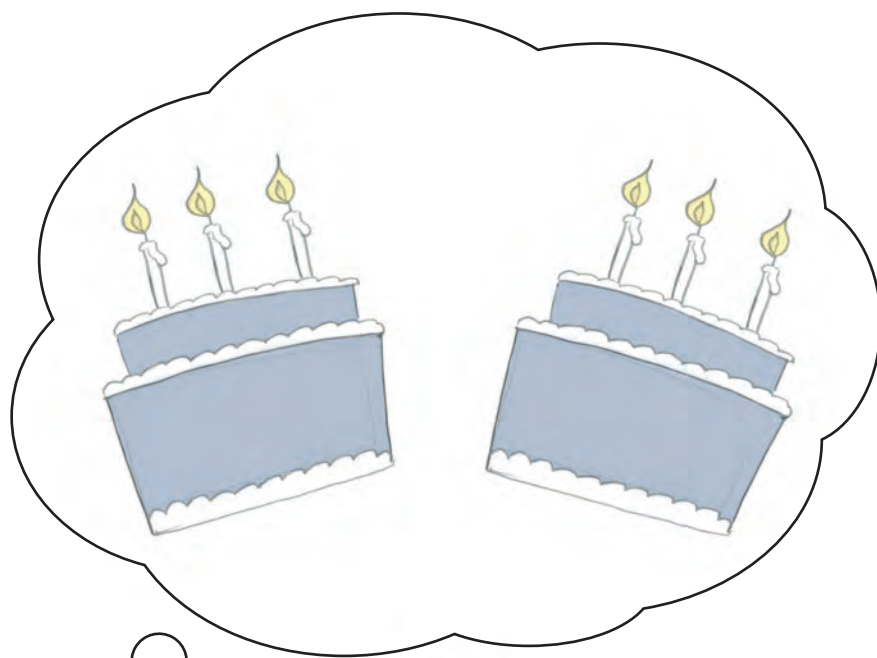
There is a lot you can do to help your community! If all of us work together to help prevent the spread of the coronavirus, we can protect each other from getting sick!

I'm not a doctor or a scientist! How can I help my community?



You can help by **COVERING YOUR MOUTH AND NOSE WITH A TISSUE WHEN YOU COUGH OR SNEEZE.** Be sure to throw your tissue away in the trash can because it may have the coronavirus on it!



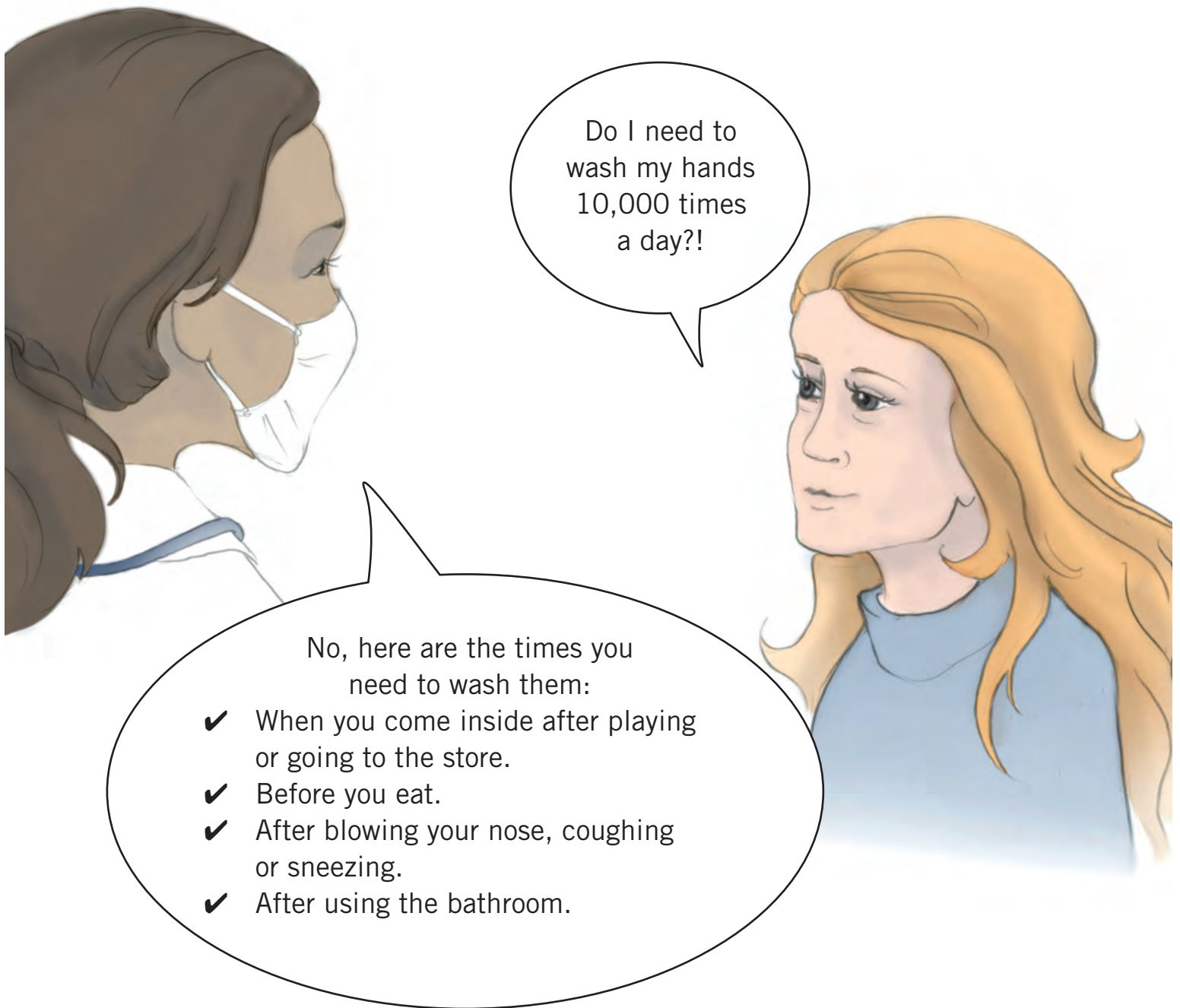


You can help by  
**WASHING  
YOUR HANDS!**

Soap destroys the coronavirus! But only if you wash your hands long enough. To make sure you have destroyed all of the coronavirus germs, sing “Happy Birthday” two times!

Make sure there are plenty of bubbles!





Do I need to  
wash my hands  
10,000 times  
a day?!

No, here are the times you  
need to wash them:

- ✓ When you come inside after playing  
or going to the store.
- ✓ Before you eat.
- ✓ After blowing your nose, coughing  
or sneezing.
- ✓ After using the bathroom.



What about those  
face masks I have seen  
people wearing? Should  
I get one to match  
my cape?

Masks can be helpful if they are worn the right way. It's especially important for doctors, nurses, people who are sick and people caring for the sick to wear masks!

But masks only help if you keep washing your hands, covering your mouth when you cough or sneeze and staying a safe distance away from people who may be sick.





**YOU CAN HELP PROTECT YOUR FRIENDS AND YOUR ENTIRE COMMUNITY BY STAYING AT HOME.** This may mean you can't go to school, soccer practice or play with your friends for a while.



The coronavirus spreads from one person to another super fast. If one person is sick, whomever they are playing with or spending time with can also catch the virus. Don't worry, this won't last forever thanks to all of the superheroes fighting against the coronavirus!



It's going to be so much fun when we can all play together again!





**ONLY GO OUT WHEN YOU REALLY NEED TO.**

And when you are out, keep a safe distance away from other people who aren't in your family.





Until next time my fellow superheroes!  
Let's keep doing our part to keep everyone in  
our community healthy!









The Clemson University Life Sciences Outreach Center created this children's story for parents to use as they talk with their children about the coronavirus. Based on recommendations from medical professionals of Prisma Health, this story is both reassuring and encouraging. The story focuses on ways we can protect ourselves and our communities from COVID-19. Please continue to monitor the Center for Disease Control's latest recommendations regarding infection and spread of COVID-19.

The Clemson University Life Sciences Outreach Center is an outreach of the Clemson University College of Science. With the mission of inspiring and empowering the scientist within each of us, CULSOC provides interactive field trip labs, summer and spring holiday camps, monthly science cafes, and professional development for K-12 science teachers.

**Check out our programming at:**  
[clemson.edu/centers-institutes/culscoc](https://clemson.edu/centers-institutes/culscoc)

